

**UNIVERSITY OF EDUCATION, WINNEBA**  
**FACULTY OF SCIENCE**  
**DEPARTMENT OF HOME ECONOMICS EDUCATION**

**COURSE TITLE : MANGING FAMILY MEALS/FAMILY FOODS**  
**COURSE CODE : 241**  
**CREDIT : 2**  
**SEMESTER : 1**  
**LECTURER : MRS. EILEEN ADIGBO**

**OBJECTIVES**

Students will be able to apply their knowledge and skills to effective management, planning, preparing and serving satisfying and nutritionally adequate meals for the family

WEEK	TOPIC/CONTENT
1	importance of Food in daily Living ✓ Roles food plays in daily living ✓ Personal benefits derived from food
2	Personal and Family food Habits ✓ Forces within the family affecting food habits ✓ Forces outside the family affecting food habits ✓ Ways in which these forces influence Food habits
3	Eating Patterns of various Cultures ✓ Factors causing variations in eating patterns. ✓ Types of variations in eating patterns
4&5	Selection and purchase of Food ✓ Criteria for judging effectiveness of shopping practice. ✓ Techniques for food purchasing ✓ Forms in which processed foods can be purchased. ✓ Forms of protection for the consumer
6	Managing Food Resources Utensils appliances, equipment and supplies for meal management ✓ Factors to consider in deciding which tools to use for a particular task ✓ Types of kitchen tools in relation to specific use care and storage
7	Conserving Food Resources
8&9	Storing Food and Equipment ✓ Types of storage

	<ul style="list-style-type: none"> <li>✓ Guides to effective storage</li> <li>✓ Storage factors influencing conditions of food</li> </ul>
10&11	Menu Development <ul style="list-style-type: none"> <li>✓ Methods for planning menu</li> <li>✓ Special dietary problems requiring variation in menu patterns</li> <li>✓ Factors to consider when planning meals for any occasion</li> <li>✓ Ways of expressing creativity in menu planning</li> </ul>
12	Organizing Meal Preparation <ul style="list-style-type: none"> <li>✓ Steps in preparing food</li> <li>✓ Methods of time management and work simplification in preparing foods.</li> </ul>
13&14	Table Setting, Food Service and mealtime atmosphere <ul style="list-style-type: none"> <li>✓ Types of table appointments</li> <li>✓ Factors influencing the choice of place and manner of service</li> <li>✓ Ways of managing meal service</li> <li>✓ Personal practices contributing to a pleasing meal time climate</li> </ul>

## REFERENCES

Liddel, I. A Building life skills

Parnell, F. B. Skills for Living

Weal, N. Cookery for Schools

Kowlaluk & Kopan Food for Today

Shank FHd et al Guide to Modern Meals

Bemuon Introductory Foods

Medved The World of Food

CEserain & Kinton Practical Cookery

Ceserain et al Understanding Cookery

Fisher & Bender The value of Food

Martlad and Welsby Basic Cookery

King E. Better Cookery